

# CG MARTIAL ARTS ACADEMY

## TONG CHE BAHK DO



통제박도

### BLACK BELT TESTING REQUIREMENTS

# 1<sup>ST</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 1 year with a minimum of 2 days a week of continuous education

## **UNIFORM:**

Black uniform with white trim on lapel and jacket bottom

Black Belt with gold embroidery

## **FORMS:**

Ki Cho Il Bu (*Basic Form #1*)

Ki Cho Ee Bu (*Basic Form #2*)

Ki Cho Sam Bu (*Basic Form #3*)

Ki Cho Sa Bu (*Basic Form #4*)

Pyong Ahn Cho Dan (*Safe from Harm Form #1*)

Pyong Ahn Ee Dan (*Safe from Harm Form #2*)

Pyong Ahn Sam Dan (*Safe from Harm Form #3*)

Pyong Ahn Sa Dan (*Safe from Harm Form #4*)

Pyong Ahn Oh Dan (*Safe from Harm Form #5*)

*\*Adults curriculum only\**

Tong Che Bahk Cho Dan (*Precision Striking Form #1*)

Bassai Soh (*Lesser Snake Form*)

Bassai Dae (*Greater Snake Form*)

## **SELF-DEFENSE APPLICATION:**

1 self-defense application for each basic form and 2 applications for all other forms

*\*Not required for Junior Black Belt candidates*

## **SPARRING:**

4 opponent gauntlet

*\*4 continuous 1 minute rounds*

## **BREAK:**

4 single board breaks

*\*Junior Black Belt candidates use .5"-.75" boards*

## **PHYSICAL REQUIREMENTS:**

All hand/foot techniques

108 push-ups

## **KNOWLEDGE:**

"C" stepping and offensive/defensive hip

Embryonic breathing

Proper stretching techniques

Candidate should have an extensive knowledge of Shotokan and Tang Soo Do as well as the history of the forms studied for 1st Degree Black Belt

## **ESSAY TOPIC:**

How have the martial arts affected my life?

List 108 random acts of kindness that you have done while training at our school.

# 2<sup>ND</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 1 year with a minimum of 2 days a week of continued education

## **UNIFORM:**

Black uniform with blue trim on lapel and jacket bottom

Black Belt with gold embroidery, 2 stripes

## **FORMS:**

### 2<sup>nd</sup> Degree Black Belt, 3<sup>rd</sup> Rank

Poison Hands

Iron Body

Leopard Fist

### 2<sup>nd</sup> Degree Black Belt, 1<sup>st</sup> Rank

Drunken Fist

Dragon Boxing

5 Animal Combination Set

### 2<sup>nd</sup> Degree Black Belt, 2<sup>nd</sup> Rank

Snake Fist

Tiger Claw

Crane Boxing

## **SELF-DEFENSE APPLICATION:**

5 Animal Combination Set self-defense application

\*Not required for Junior Black Belt candidates

## **SPARRING:**

6 opponent gauntlet

\*6 continuous 1 minute rounds

## **BREAK:**

2 speed board breaks

\*Junior Black Belt candidates use .5"-.75" boards

\*1 hand and 1 foot Technique

## **PHYSICAL REQUIREMENT:**

5 minute horse stance

## **KNOWLEDGE:**

Candidate should have an extensive knowledge of Hung Gar as well as the history of the forms studied for 2nd Degree Black Belt

Candidate must have CPR/First Aid Certification

\*Not required for Junior Black Belt candidates, but suggested

## **ESSAY TOPIC:**

Why did I continue training after earning my Black Belt?

# 3<sup>RD</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 1 year with a minimum of 2 days a week of continued education

## **UNIFORM:**

Black uniform with red trim on lapel and jacket bottom

Black Belt with gold embroidery, 3 stripes

## **FORMS:**

### 3<sup>rd</sup> Degree Black Belt, 3<sup>rd</sup> Rank

Yuk Ro Cho Dan (Six Paths Form #1)

Yuk Ro Ee Dan (Six Paths Form #2)

### 3<sup>rd</sup> Degree Black Belt, 1<sup>st</sup> Rank

Yuk Ro Oh Dan (Six Paths Form #5)

Yuk Ro Yuk Dan (Six Paths Form #6)

### 3<sup>rd</sup> Degree Black Belt, 2<sup>nd</sup> Rank

Yuk Ro Sam Dan (Six Paths Form #3)

Yuk Ro Sa Dan (Six Paths Form #4)

## **SELF-DEFENSE APPLICATION:**

Create 12 self-defense techniques based upon these forms, 2 for each form

## **SPARRING:**

8 opponent gauntlet

\*8 continuous 1 minute rounds

## **BREAK:**

3 point board break

\*Candidate must create their 3 point break sequence

\*Junior Black Belt candidates use .5"-.75" boards

## **PHYSICAL REQUIREMENT:**

Hike Summit Trail (Echo Canyon) at Camelback Mountain

\*Not required for Junior Black Belt candidates, but suggested

## **KNOWLEDGE:**

Candidate should have an extensive knowledge of Soo Bahk Do as well as the history of the forms studied for 3rd Degree Black Belt

## **ESSAY TOPIC:**

What does it mean to be a Black Belt?

# 4<sup>TH</sup> DEGREE BLACK BELT

## TIME PERIOD:

At least 1 year with a minimum of 2 days a week of continued education  
Candidate must be at least 20 years of age on day of testing

## UNIFORM:

Black uniform with yellow trim on lapel and jacket bottom  
Black Belt with gold embroidery, 4 stripes

## FORMS:

*\*Candidate must choose at least one weapon to focus on, studying the history, development, forms and applications behind the weapon(s).*

### 4<sup>th</sup> Degree Black Belt, 4<sup>th</sup> Rank

**Fan-** Taiji 18 Step Fan  
**Iron Whip-** Plum Flower Chain Whip  
**Korean Sword-** Ssang Soo Gumbup Il-Sam Bun  
**Straightsword-** San Cai Straightsword  
**Broadsword-** Qi Xing Broadsword  
**Staff-** Shaolin Nine Province Eyebrow Height Staff  
**Spear-** 32 Step Spear

### 4<sup>th</sup> Degree Black Belt, 3<sup>rd</sup> Rank

**Fan-** Taiji 28 Step Fan  
**Iron Whip-** Double Headed Dragon Chain Whip  
**Korean Sword-** Ssang Soo Gumbup Sa-Ku Bun  
**Straightsword-** Kun Wu Straightsword  
**Broadsword-** Bagua Broadsword  
**Staff-** Monkey King Staff  
**Spear-** Shaolin Spear  
**Kwan Dao-** Muye Dobo Tongji Wol Do

### 4<sup>th</sup> Degree Black Belt, 2<sup>nd</sup> Rank

**Fan-** Dragon Fan  
**Iron Whip-** Spinning Chain Whip on the Ground  
**Korean Sword-** Ssang Soo Gumbup Ship-Ship Ee Bun  
**Straightsword-** Qi Men Straightsword  
**Broadsword-** Six Harmonies Broadsword  
**Staff-** 5 Tigers Catch the Lamb Staff  
**Spear-** Plum Flower Spear  
**Kwan Dao-** Spring Autumn Long Handled Knife

### 4<sup>th</sup> Degree Black Belt, 1<sup>st</sup> Rank

**Fan-** Double Fan  
**Iron Whip-** Plum Flower Double Chain Whip  
**Korean Sword-** Shimsang Gumbup  
**Straightsword-** Double Straightsword  
**Broadsword-** Double Broadsword  
**Staff-** Shaolin Three Section Staff  
Three Section Staff  
**Spear-** Six Harmonies Spear  
**Kwan Dao-** General Chai Yang Long Handle Knife

## KNOWLEDGE:

Candidate should have an extensive knowledge of their weapon of study

## ESSAY TOPIC:

What are the benefits of weapons training in today's martial arts?

# 5<sup>TH</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 2 years with a minimum of 1 day a week of continued education  
Candidate must be at least 22 years of age on day of testing

## **UNIFORM:**

Black pants and white top with double black trim on lapel, jacket bottom and cuffs. Jacket bottom has gold tassels  
Masters Black Belt with white border and metallic gold embroidery, 5 Stripes

## **FORMS:**

### Qigong Sets

5 Organ/5 Element  
5 Centering  
8 Verses of Brocade  
8 Essentials of Tai chi  
12 Tao Yin  
Hua Tuo's Five Animal Frolic

### Chen Taiji Forms

Lao Jia Yi Lu (Old Frame Road #1)  
Lao Jia Er Lu (Old Frame Road #2)  
Xin Jia Yi Lu (New Frame Road #1)  
Xin Jia Er Lu (New Frame Road #2)

## **SELF-DEFENSE APPLICATION:**

Knowledge of applications behind every movement in the forms studied

## **SPARRING:**

10 opponent gauntlet  
\*10 continuous 1 minute rounds

## **BREAK:**

Power brick break  
\*Amount will be determined, for each student, by Instructor

## **PHYSICAL REQUIREMENT:**

5K run in under 35 minutes

## **KNOWLEDGE:**

Candidate should have an extensive knowledge of Chen Taiji as well as the history of the forms studied for 5<sup>th</sup> Degree Black Belt  
Candidate must be a certified Instructor of Tong Che Bahk Do

## **ESSAY TOPIC:**

Describe the evolution of martial arts from ancient times to now.

# 6<sup>TH</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 2 years with a minimum of 1 day a week of continued education  
Candidate must be at least 24 years of age on day of testing

## **UNIFORM:**

Black pants and blue top with double gold trim on lapel, jacket bottom and cuffs. Jacket bottom has gold tassels

Alternately, a white top with double blue trim may be worn

Masters Black Belt with blue border and metallic gold embroidery, 6 Stripes

## **FORMS:**

Naihanchi Cho Dan (*Iron Horse Form #1*)

Naihanchi Ee Dan (*Iron Horse Form #2*)

Naihanchi Sam Dan (*Iron Horse Form #3*)

Ro Hai (*Heron Form*)

Wang Shu (*Flying Swallow Form*)

Ship Soo (*Bear Form*)

Ji On (*Ram Form*)

Jin Do (*Crane Form*)

Kong San Goon (*Eagle Form*)

Oh Ship Sa Bo (*Tiger Form*)

Tong Che Bahk Ee Dan (*Precision Striking Form #2*)

## **SELF-DEFENSE APPLICATION:**

Knowledge of applications behind every movement in the forms studied

## **KNOWLEDGE:**

Candidate should have an extensive knowledge on the history of the forms studied for 6<sup>th</sup> Degree Black Belt

## **ESSAY TOPIC:**

Describe your philosophy in regards to life and martial arts as well as how they intertwine.

# 7<sup>TH</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 2 years with a minimum of 1 day a week of continued education  
Candidate must be at least 26 years of age on day of testing

## **UNIFORM:**

Black pants and red top with double gold trim on lapel, jacket bottom and cuffs. Jacket bottom has gold tassels

Alternately, a white top with double red trim may be worn

Masters Black Belt with red border and metallic gold embroidery, 7 Stripes

## **FORMS:**

Lian Bu Quan (*Six Unifications Sequence*)

Gong Li Quan (*Power Sequence*)

Tan Tui (*Spring Legs Sequence*)

Yi Lu Mai Fu (*First Way of Ambush Sequence*)

Er Lu Mai Fu (*Second Way of Ambush Sequence*)

Shi Zi Tang (*Crossing Sequence*)

Xiao Hu Yan (*Roaring Tiger Swallow Sequence*)

San Lu Pao (*Three Ways of Running Sequence*)

Taizu Changquan (*Emperor Taizu Longfist Sequence*)

## **SELF-DEFENSE APPLICATION:**

Knowledge of applications behind every movement in the forms studied

## **KNOWLEDGE:**

Candidate should have an extensive knowledge of Northern Longfist as well as the forms studied for 7<sup>th</sup> Degree Black Belt

## **ESSAY TOPIC:**

N/A

# 8<sup>TH</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 2 years with a minimum of 1 day a week of continued education  
Candidate must be at least 28 years of age on day of testing

## **UNIFORM:**

Black pants and yellow top with double gold trim on lapel, jacket bottom and cuffs. Jacket bottom has gold tassels

Alternately, a white top with double gold trim may be worn

Masters Black Belt with yellow border and metallic gold embroidery, 8 Stripes

## **FORMS:**

Chil Sung Il Ro (*Seven Stars Form #1*)

Chil Sung Ee Ro (*Seven Stars Form #2*)

Chil Sung Sam Ro (*Seven Stars Form #3*)

Chil Sung Sa Ro (*Seven Stars Form #4*)

Chil Sung Oh Ro (*Seven Stars Form #5*)

Chil Sung Yuk Ro (*Seven Stars Form #6*)

Chil Sung Chil Ro (*Seven Stars Form #7*)

Hwa Sun (*Pure Flower Form*)

## **SELF-DEFENSE APPLICATION:**

Knowledge of applications behind every movement in the forms studied

## **KNOWLEDGE:**

Candidate should have an extensive knowledge on the forms studied for 8<sup>th</sup> Degree Black Belt

## **ESSAY TOPIC:**

N/A

# 9<sup>TH</sup> DEGREE BLACK BELT

## **TIME PERIOD:**

At least 2 years with a minimum of 1 day a week of continued education  
Candidate must be at least 30 years of age on day of testing

## **UNIFORM:**

Black pants and grey top with double gold trim on lapel, jacket bottom and cuffs. Jacket bottom has gold tassels

Grandmasters Black Belt with silver border and metallic gold embroidery, 9 Stripes

## **FORMS:**

13 Form

16 Combined Form

24 Beijing Short Form

42 Competition Form

48 Combined Form

88 Yang Style Form

## **SELF-DEFENSE APPLICATION:**

Knowledge of applications behind every movement in the forms studied

## **KNOWLEDGE:**

Candidate should have an extensive knowledge of Xin Taiji as well as the history of the forms studied for 9<sup>th</sup> Degree Black Belt

## **ESSAY TOPIC:**

N/A